

The Big Questions....

Today....I think I figured it out....just this morning....

There is a God.....

It's 8:15, time to load up the littlest 2 for a drive to school, orders have been laid out....put on your snow pants....let's roll...

And it clicks....wtf....I haven't made lunches!!!!

I open the fridge door...and there it is...somewhere inside by stainless side by side, freezer bottom refrigerator.....God....

I'm not sure if it's mixed field greens, it could be tonight's hamburger meat, apples....hell....it could be mustard....to be fair, it might be the fridge itself....

But as I stood there staring into the well lit cavern which contains piles of chilly foodstuffs I realized that there is a God...

There must be...because a few of the questions I asked the fridge this morning....the big questions....can only be answered by a higher power.....

And as usual.....

No answers.....not even a peep.....

Moments later as I'm at the counter crafting delicious sandwiches....the fridge starts beeping.....

I've left the door open too long.....

Today I'll be at home depot handling ropes.....checking for weight and elasticity.....

The Weigh In

I start this morning with great praise for **Kevin Parker**. Kevin managed a trip to the gym with Arthur and I last night, and he worked hard! Today and tomorrow will not be easy days for Kevin Parker, for the next 2 weeks as he and I go over a few of the big muscle groups he will wish to lay in bed.

Last night he pushed big weight....really big. He pushed it to failure....If he can stick with it for 6 months he will be a new man.....

A before photo....a bit of a pose, a good one.



Kevin weighed in this morning with 180 pounds, down 70 pounds which he concludes is due to the loss of both arms....he said they simply fell off....

Yours Truly

This morning I hit the scale at 240.6 pounds....up a little. I followed our late evening workout with a scotch at the pub....oh...a protein shake first....yep a protein shake followed up by scotch....

I then came home and managed 8 slices of toast with various toppings....all low sugar at least....

So ya, I gained a little bit on the scale this morning....that said....I'm not carrying my 240 pounds too badly....220 will be better....but I'm pulling off 240 right now....



I'm getting big....bigger anyway.

When I go to the gym these days I work....I really work....

Who is up next.....Ayhan.....



Ayhan did not lose weight yesterday, offering up 186.4 pounds one more time.

At 7:15 yesterday morning Ayhan had a berry....red...called here in this country a raspberry. At 7:18 Ayhan pulled a small seed, possibly from raspberry from his teeth....at 7:20 Ayhan had an egg, white part separated from yolk, individually scrambled then mixed together....this was not eaten BUT at 7:22 Ayhan ate 3 nuts of varying type and size....delicious....

You get the idea ya?

At 9 pm Ayhan text the group to say he had a 600 calorie shortfall for the day....those raspberry seeds will get you every time!

Old Trafford

Old Andy Trafford is not taking part in this round of man blog....a surprise attack possibly....I'm not letting him off the hook...an oldie but I can't help sharing....I'm such a giver!

Vinnie

UP!!!! 178. Vinnie and I can't lose any weight, me from lifting it and him from eating.....

Vincenzo does not bother with the gym....screw it.



Arthur

The Scot is calling it even at 193 pounds....Arthur is hard at work under weight pretty much daily...he too is building a bit of muscle, transforming his weight rather than losing it....Shall we pick on Arthur this morning....we shall.

As I went through old photos I had a few good chuckles....and the best of them are due to a time in Arthur's life where he was going through a cultural transformation rather than a physical one.

Beagle

Last for today....but not least....

I didn't even get a weight from Beagle this morning....too busy...or maybe I missed it while I was talking to the fridge....

One of these days I will get Beagle to workout...at one point we were lifting in his basement and the wee lad was getting strong...but he decided against that....a run maybe?



The Quote of The Day

People see God every day, they just don't recognize him.

Pearl Bailey

I hope it's not the sausage....I plan on throwing those out today.....

My life can be tough, I'm lucky to have great friends a wonderful family and most importantly....I'm lucky I'm wise enough to make the most of it....

The trick is....be happy...it's a simple choice.....

okay....I'm off to look at rope. XO :)

Babe....I miss your face...I'd give it all up for one more kiss.....it would last forever.....

Ah why not....let's wrack a bit.....

I hope you all have a great day!